

EXHIBIT J
PROJECT ANGEL FOOD VOLUNTEER HOURS

Project AngelFood Volunteering Dates

Gary Goulin

<u>Date</u>	<u>Shift</u>	<u>Location</u>	<u># Hours</u>	
12/26/2021	1:30-4	Kitchen	2.5	
1/2/2022	1:30-4	Kitchen	2.5	
1/9/2022	1:30-4	Kitchen	2.5	
1/16/2022	1:30-4	Kitchen	2.5	
2/13/2022	1:30-4	Kitchen	2.5	
2/17/2022	1:30-4	Kitchen	2.5	
2/27/2022	1:30-4	Kitchen	2.5	
3/7/2022	1:30-4	Kitchen	2.5	
3/17/2022	1:30-4	Telephone Reach-Out Event	2.5	
3/21/2022	1:30-4	Kitchen	2.5	
4/4/2022	1:30-4	Kitchen	2.5	
4/18/2022	1:30-4	Kitchen	2.5	
4/25/2022	1:30-4	Kitchen	2.5	
5/10/2022	1:30-4	Kitchen	2.5	
5/16/2022	1:00 - 4	Kitchen	3	**New kitchen hours
5/23/2022	1:00 - 4	Kitchen	3	
6/6/2022	1:00 - 4	Kitchen	3	
6/21/2022	1:00 - 4	Kitchen	3	
6/29/2022	2:00 - 4	Kitchen	2	late due to auto accident
7/5/2022	1:00 - 4	Kitchen	3	
7/18/2022	1:00 - 4	Kitchen	3	
7/25/2022	1:00 - 4	Kitchen	3	
8/8/2022	1:00 - 4	Kitchen	3	
8/15/2022	1:00 - 4	Kitchen	3	
8/22/2022	1:00 - 4	Kitchen	3	
9/6/2022	1:00 - 4	Kitchen	3	
9/19/2022	1:00 - 4	Kitchen	3	
10/10/2022	1:00 - 4	Kitchen	3	
10/17/2022	1:00 - 4	Kitchen	3	
10/24/2022	1:00 - 4	Kitchen	3	
10/31/2022	1:00 - 4	Kitchen	3	
11/7/2022	1:00 - 4	Kitchen	3	
11/14/2022	1:00 - 4	Kitchen	3	
11/28/2022	1:00 - 4	Kitchen	3	
12/5/2022	1:00 - 4	Kitchen	3	
12/12/2022	1:00 - 4	Kitchen	3	
12/19/2022	1:00 - 3	Kitchen	2	closed early for event

<u>Date</u>	<u>Shift</u>	<u>Location</u>	<u># Hours</u>	
12/27/2022	1:00 - 4	Kitchen	3	
1/9/2023	1:00 - 4	Kitchen	3	
1/24/2023	1:00 - 4	Kitchen	3	
1/30/2023	1:00 - 4	Kitchen	3	
2/8/2023	1:00 - 4	Kitchen	3	
2/13/2023	1:00 - 4	Kitchen	3	
2/22/2023	1:00 - 4	Kitchen	3	
3/3/2023	1:00 - 4	Kitchen	3	
3/6/2023	1:00 - 4	Kitchen	3	
3/13/2023	1:00 - 4	Kitchen	3	
3/20/2023	1:00 - 4	Kitchen	3	
3/28/2023	1:00 - 4	Kitchen	3	
4/10/2023	1:00 - 4	Kitchen	3	
4/18/2023	1:00 - 4	Kitchen	3	
4/24/2023	1:00 - 4	Kitchen	3	
5/1/2023	1:00 - 4	Kitchen	3	
5/8/3034	1:00 - 4	Kitchen	3	
5/22/2023	1:00 - 4	Kitchen	3	
5/30/2023	1:00 - 4	Kitchen	3	
6/5/2023	1:00 - 4	Kitchen	3	
6/12/2023	1:00 - 4	Kitchen	3	
6/20/2023	1:00 - 4	Kitchen	3	
7/3/2023	8:00 - 12:00	Kitchen	4	
7/14/2023	1:00 - 4	Kitchen	3	
7/25/2023	8:00 - 12:00	Kitchen	4	
8/1/2023	1:00 - 4	Kitchen	3	
8/3/2023	8:00 - 11:00	Usher for Special Event	3	
8/7/2023	1:00 - 4	Kitchen	3	
8/14/2023	1:00 - 4	Kitchen	3	
8/21/2023	1:00 - 4	Kitchen	3	
8/28/2023	1:00 - 4	Kitchen	3	
9/5/2023	1:00 - 4	Kitchen	3	
9/11/2023	1:00 - 4	Kitchen	3	
9/19/2023	1:00 - 4	Kitchen	3	
9/25/2023	1:00 - 4	Kitchen	3	
TOTAL HOURS			209	